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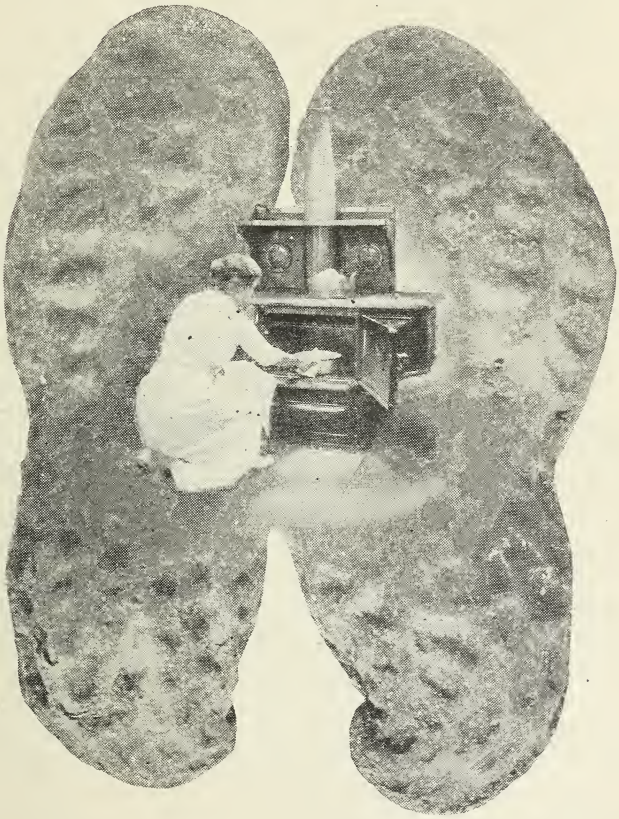
USE PEANUT FLOUR TO SAVE WHEAT



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PEANUT FLOUR—A GOOD FOOD AND A WHEAT SAVER.

EVERY AVAILABLE SUBSTITUTE for wheat flour must be used in cooking to help win the war. The Southern States have long been familiar with the use of crushed or ground peanuts in breads, muffins, and biscuits. This has always meant a saving of wheat and should continue wherever the flour made by grinding the press-cake is not available. The advantage of using either the flour made by grinding whole peanuts or the flour made by grinding the cake remaining after expressing the peanut oil is that fat is saved as well as wheat and it is also a patriotic duty to save fat. The saving of fat when the peanut flour is used comes in two ways: First, the peanut oil which has been pressed out of the peanut can be used for other purposes, and, second, since all of the oil is not removed in pressing, that left in the peanut flour makes it possible to use less fat than the recipes ordinarily demand.

A number of ways of using this peanut flour are given in the following pages. These recipes have been tested in the experimental kitchen of the Office of Home Economics.

USE PEANUT FLOUR TO SAVE WHEAT AND FAT.

PEANUT FLOUR unmixed can be substituted for wheat flour in cooking, but it has more protein in it than flour contains, and because of this any combination with rice, corn meal, or corn flour is desirable, as they add starch, which is lacking in the peanut flour. In the recipes below all of these substances have been used with the peanut flour.

HOT BREADS.

Quick breads, such as biscuits, griddle cakes, waffles, and muffins, are much better forms for saving wheat than yeast breads, as more of the peanut flour can be used. All of these hot breads are good, and they are also good warmed over for another meal if you have baked more than you needed the first time.

PEANUT FLOUR - CORN MEAL GRIDDLE CAKES OR WAFFLES.

1½ cups peanut flour.
1½ cups corn meal.
¼ cup corn sirup.
3 eggs.
1 teaspoon salt.
3 cups milk.
3 teaspoons baking powder.

PEANUT FLOUR - CORN MEAL - WHEAT BISCUITS.

1 cup corn meal.
1 cup peanut flour.
1 cup sifted flour.
2 teaspoons salt.
Liquid sufficient to mix (about 1 cup).
6 teaspoons baking powder.
4 tablespoons shortening.

PEANUT FLOUR - CORN MEAL MUFFINS.

2 cups corn meal.
2 cups peanut flour.
2 teaspoons salt.
4 tablespoons corn sirup.
2 tablespoons shortening.
6 teaspoons baking powder.
1 egg.
Liquid to mix to a medium batter (about 1 cup).

Bake 20 minutes. If these are not baked immediately after mixing, more liquid must be added. Corn flour can be used in place of corn meal, giving a closer texture.

PEANUT FLOUR AS A CEREAL.

MUSH.

1¾ cups meal.
2 teaspoons salt.
3 cups boiling water.

This mush is good for breakfast. It can be used also for making muffins, biscuits, griddle cakes, and puddings. When cold it can be fried in drippings.

CAKES, COOKIES, GINGERBREAD, AND PUDDING.

Peanut flour is used to replace one-half of the wheat flour in these recipes. Part or all of the wheat flour used can be replaced with corn flour.

PEANUT FLOUR DROP COOKIES.

1½ cups peanut flour.
1½ cups sifted flour.
1 teaspoon salt.
1 egg.
2 teaspoons baking powder.
¾ cup corn sirup (brown).
3 tablespoons fat.

Bake 10 minutes.

GINGERBREAD.

1½ cups white flour.
1½ cups peanut flour.
4 teaspoons baking powder.
2 teaspoons ginger.
2 teaspoons cinnamon.
½ teaspoon soda.
1 cup molasses.
1 cup milk.
4 tablespoons fat.
¼ teaspoon salt.

Bake 25 or 30 minutes in a moderate oven.

PEANUT FLOUR - CORN MEAL COOKIES.

1½ cups corn meal.
1½ cups peanut flour.
1 teaspoon salt.
2 eggs.
2 teaspoons baking powder.
¾ cup corn sirup.
1 cup raisins, chopped.

Bake 10 to 15 minutes.

A good dessert can be made according to this pudding recipe. This will give you a chance to use your extra fruit juices as a sauce.

PEANUT FLOUR PUDDING.

1 cup peanut flour.
2 cups milk.
1 egg.
1 teaspoon vanilla.
2 teaspoons salt.
2 tablespoons sugar or corn sirup.

Bring to boiling, continue cooking in double boiler 20 to 30 minutes. Serve with custard, fruit, or chocolate sauce.

MEAT SUBSTITUTES.

As peanut-cake flour is high in protein, it can easily be used as a meat substitute. The loaf shape is suggested, but the small individual ball or cake will do just as well. They should all be served hot.

PEANUT FLOUR - COTTAGE CHEESE LOAF.

1 cup cottage cheese.
1 cup peanut flour.
1 egg.
1 teaspoon salt.
1 cup chopped nuts.
1 cup cooked salted rice.
2 tablespoons chopped onion cooked until soft in 8 tablespoons water.
1 tablespoon fat.
¼ teaspoon pepper.

Cook 35 minutes. Serve hot with tomato sauce.

PEPPERS OR TOMATOES STUFFED WITH PEANUT FLOUR.

Remove top and inside of peppers and boil for 15 minutes in water. Fill with the following stuffing. Bake for 10 minutes.

½ cup cooked peanut-flour mush.
3 tablespoons grated cheese.
½ cup cooked hominy or rice.
1 teaspoon onion juice.

This is enough to stuff 4 halves.

PEANUT FLOUR AND PEA LOAF.

1½ cups peanut-flour mush.
1½ cups cooked rice or hominy.
¼ teaspoon paprika.
1½ cups peas.
1 teaspoon chopped onion.

Bake 30 to 40 minutes. Serve hot with tomato sauce.

SOUPS AND SAUCES.

Peanut flour makes an appetizing milk soup. Skimmed milk is better for this than whole milk. The proportions of flour, fat, and milk are as follows:

1 cup milk.
2 tablespoons peanut flour.
1 tablespoon fat (less may be desirable).
Seasoning.

A good sauce is generally very necessary in all leftovers. Try this tomato sauce. It is not quite as smooth as if it were thickened with cornstarch, but it has a fine nutty flavor.

PEANUT AND TOMATO SAUCE.

1 tablespoon fat.
1 cup strained tomato juice.
½ teaspoon salt.
2 tablespoons peanut flour.
½ teaspoon onion juice.
¼ teaspoon pepper.

YEAST BREAD.

When you make yeast bread, it is impossible to save as much wheat as with hot breads. A good yeast bread can be made by substituting peanut flour for one-fourth of the wheat in your own bread recipe.